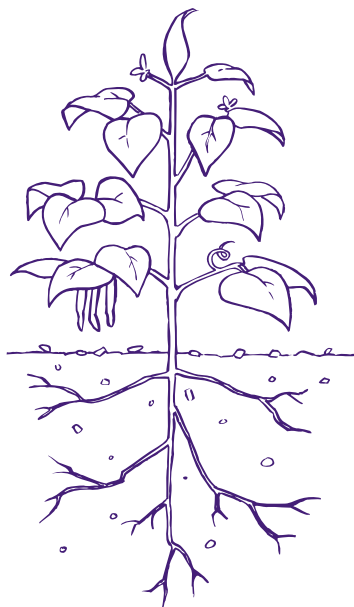


## WE EAT DIFFERENT PARTS OF THE PLANT

Draw a line connecting the word with the plant part it names.

seed  
stem  
root  
leaf  
flower  
fruit



Bean Plant

### FOODS WE EAT THAT ARE ROOTS:

beet  
onion  
carrot  
parsnip  
potato  
radish  
rutabaga  
sweet potato  
yam  
turnip

### FOODS WE EAT THAT ARE STEMS:

asparagus  
bamboo shoots  
bok choy  
broccoli  
celery  
rhubarb

### FOODS WE EAT THAT ARE LEAVES:

Brussels sprouts  
parsley  
cabbage  
spinach  
collards  
turnip greens  
kale  
chard  
lettuce  
endive  
mustard greens  
watercress

### FOODS WE EAT THAT ARE FLOWERS:

broccoli  
cauliflower

### FOODS WE EAT THAT ARE SEEDS:

lima beans  
pinto beans  
pumpkin seeds  
kidney beans  
black beans  
sunflower seeds  
peas  
dry split peas  
butter beans  
corn

### FOODS WE EAT THAT ARE FRUIT:

apple  
apricot  
artichoke  
avocado  
grapes  
cucumber

banana  
pumpkin  
squash  
bell pepper  
date  
grapefruit  
berries  
pear  
pineapple  
eggplant  
plum  
tangerine  
kiwifruit  
mango  
melon  
orange  
papaya  
peach  
pomegranate  
strawberry  
tomato

# Salad Bowl

The foods and recipes contributed by the many ethnic groups making up the United States population are what make the foods we eat so wonderful. It is interesting to learn how many of the fruits and vegetables eaten by different ethnic groups are eaten by your family.

Using a colored pencil, circle the foods your family now eats from the list below.

## ASIAN

### Fruits:

apple  
banana  
carambola  
Chinese banana  
Chinese pear  
dates  
fig  
fruit juices  
grape  
guava  
kumquat  
kitchi  
lime  
loquat  
lychee  
mango  
orange  
papaya  
passion fruit  
persimmon  
pineapple  
pomelo  
pomegranate  
plum  
tangerine  
watermelon

### Vegetables:

bamboo shoots  
bean sprouts  
bitter melon  
bok choy

broccoli

celery  
cucumber  
daikon  
eggplant  
fuzzy melon  
ginger  
leek  
mushroom  
mustard greens  
napa cabbage  
onion  
potato  
snow peas  
spinach  
squash  
taro  
tomato  
turnip  
water chestnut  
winter melon  
yam

## AFRICAN-AMERICAN

### Fruits:

apple  
banana  
berries  
fruit juices  
peach  
watermelon

## Vegetables:

beets  
broccoli  
cabbage  
chard  
collard greens  
corn  
garlic  
green beans  
green pepper  
hominy  
hot pepper  
kale  
mustard greens  
okra  
onion  
potato  
spinach  
squash  
sweet potato  
tomato  
yam

## LATINO

### Fruits:

apple  
avocado  
banana  
canned fruit  
cherimoya  
coconut  
guava  
lemon  
lime

mango

melon  
orange  
papaya  
passion fruit  
pineapple  
strawberry  
sugar cane  
zapote

## Vegetables:

agave  
avocado  
cabbage  
cactus leaves  
carrot  
cassava  
chilies  
corn  
jicama  
onion  
peas  
potato  
squash  
squash blossoms  
sweet potato  
tomatillo  
tomato  
turnip

## NATIVE AMERICAN

### Fruits:

blackberry

blueberry

canned fruit  
chokeberry  
crab apple  
cranberry  
currants  
elderberry  
grapes  
ground cherry  
huckleberry  
musk melon  
peach  
persimmon  
raspberry  
salmon berry  
strawberry  
watermelon  
wild plum  
wild rhubarb

## Vegetables:

bitter root  
cactus leaves  
corn  
Jerusalem artichoke  
kelp  
miners lettuce  
mushroom  
pumpkin  
turnip  
wild carrot  
wild celery  
wild potato

**FAMILY ACTIVITY:** Choose a food that you are not familiar with from the list, circle the name with a pencil. Purchase the food, prepare, and eat it. Select a new food item to try each week. Adding new fruits and vegetables will expand the variety of foods your family eats.

# Grain, Fruit, and Veggie Challenge

Almost everyone should have at least 6 servings from the Grain Group, 2 servings from the Fruit Group, and 3 servings from the Vegetable Group each day. Use this month of days to track how you and your family are doing eating grains, fruits, and vegetables. *The person who comes closest to meeting the goal of eating 6 grain foods, 2 fruits, and 3 vegetables each day plus points for trying Bonus Foods wins the challenge! This calendar is for \_\_\_\_\_, (name)*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Grains △△△△△△ Fruits △△ Veggies △△△ Bonus △ Total _____	Grains △△△△△△ Fruits △△ Veggies △△△ Bonus △ Total _____	Grains △△△△△△ Fruits △△ Veggies △△△ Bonus △ Total _____	Grains △△△△△△ Fruits △△ Veggies △△△ Bonus △ Total _____	Grains △△△△△△ Fruits △△ Veggies △△△ Bonus △ Total _____	Grains △△△△△△ Fruits △△ Veggies △△△ Bonus △ Total _____	Grains △△△△△△ Fruits △△ Veggies △△△ Bonus △ Total _____
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Grains △△△△△△ Fruits △△ Veggies △△△ Bonus △ Total _____	Grains △△△△△△ Fruits △△ Veggies △△△ Bonus △ Total _____	Grains △△△△△△ Fruits △△ Veggies △△△ Bonus △ Total _____	Grains △△△△△△ Fruits △△ Veggies △△△ Bonus △ Total _____	Grains △△△△△△ Fruits △△ Veggies △△△ Bonus △ Total _____	Grains △△△△△△ Fruits △△ Veggies △△△ Bonus △ Total _____	Grains △△△△△△ Fruits △△ Veggies △△△ Bonus △ Total _____

Color one △ for each serving of grain product, fruit, and vegetable that you eat each day (one point each for a possible total of 11). If the “bonus food” is eaten, give yourself an extra 3 points! Possible grand total for each day = 14 points.

## GRAIN, FRUIT, AND VEGGIE CHALLENGE

What counts as one serving?

Use these examples of servings sizes when marking the calendar on the other side:

### Breads, Cereals, Rice, and Pasta Group (Eat at least 6 servings from this group each day)

1 serving =

1 slice of bread  
 ½ hamburger or hot dog bun  
 2 taco shells  
 1 7-inch flour or corn tortilla

1 ounce ready-to-eat cereal  
 ½ cup of cooked cereal  
 ½ cup of cooked rice or pasta  
 5 to 6 small crackers

### Fruit Group (Eat at least 2 servings each day)

1 serving =

a whole fruit (medium apple,  
 banana, orange, or peach)  
 grapefruit half  
 ¼ of a medium cantaloup

¾ cup 100% fruit juice  
 ½ cup berries, cherries, or grapes  
 ½ cup chopped, cooked, or canned fruit  
 ¼ cup dried fruit

### Vegetable Group (Eat at least 3 servings each day)

1 serving =

1 cup leafy raw vegetable, such as  
 lettuce or spinach  
 ½ cup cooked vegetables  
 ½ cup chopped raw vegetables

¾ cup vegetable juice  
 ½ cup tomato or spaghetti sauce  
 ½ cup cooked dry beans  
 7 to 8 carrot or celery sticks

**BONUS FOOD:** Earn 3 bonus points each day by eating the food assigned to that calendar day.

For example, on the first day of the month try corn, the second day try green beans, and so on for each day of the month. Canned, frozen, or fresh foods are fine.

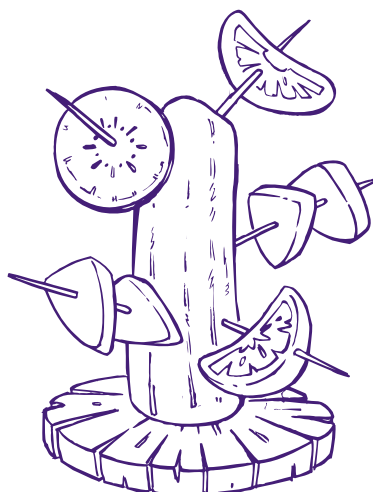
Day	Day	Day
1 Corn	12 Pineapple	23 Papaya
2 Green beans	13 Bagel	24 Collard greens
3 Kiwi	14 Zucchini	25 Banana
4 Cantaloup	15 Yam	26 Grapes
5 Whole-wheat bread	16 Kidney beans or lentils	27 Celery
6 Beets	17 Cucumber	28 Tortilla
7 Orange	18 Black-eyed peas	29 Alfalfa sprouts
8 Tomato	19 Brown rice	30 Bell pepper
9 Spinach	20 Brussels sprouts	31 Lima beans
10 Okra	21 Apple	
11 Whole-wheat pita bread	22 Carrot	

The person who comes closest to meeting the goal of 6 grain foods, 2 fruits, and 3 vegetables each day, plus extra points for trying Bonus Foods, wins the challenge!

## EDIBLE ART

10 canned or fresh pineapple rings or slices  
5 large bananas  
2 tangerines, segmented  
1 large apple, cut into small wedges  
1 pear, cut into small chunks  
1 kiwi, peeled and sliced  
(cut slices in half or fourths)  
toothpicks

Drain the pineapple rings thoroughly. Place a pineapple ring in the center of a small paper plate. Peel the banana, cut in pieces, and place it upright into the center of the pineapple ring. Place an assortment of the remaining fruits on a small plate, and insert toothpicks into the pieces. Place the toothpicks into the upright banana forming branches on the banana. Continue to decorate the banana until you are pleased with the results. This amount will provide fruit for 10.





## Parent Reproducible

4

# Roots, Stems, Leaves, Fruits, Flowers, & Seeds



Your child has learned that plants are the basis of the food chain. You can use the activities below to reinforce your child's understanding of the role plants play in our diets. As a precaution, remind your child to never taste other kinds of plants without checking with an adult first.

## PICKING PLANTS AT THE MARKET

The next time you're at the market with your child, point out foods that are examples of roots, stems, leaves, fruits, flowers, and seeds. For example:

Roots: carrots, turnips, beets, radishes. If possible, look for examples with leafy tops, to remind your child that the part we eat grows underground.

Stems: celery and asparagus

Leaves: spinach, cabbage, kale, and all kinds of lettuce

Fruits: apples, pears, plums, and mangoes

Seeds: corn, peas, dry beans, oats, and nuts

As you locate these items at the store, discuss with your child how each looks like a leaf, a stem, and so on. For example:

Talk about how the root vegetables grow underground, just like the roots of plants at home or in the garden.

Look closely at the broccoli florets. Point out how each is a bud, like a flower waiting to open.

At home, you can open an orange and point out the seeds inside. Explain to your child that a fruit is any edible seedbearing part of a plant.

## CONSTRUCT A FANTASY PLANT

After you return from your shopping trip, challenge your child to use the various plant parts to construct a complete plant. For example, take a parsnip (a root), connect it to a piece of asparagus (a stem), add some sprigs of parsley (leaves), cherries (fruit), broccoli (flower), and finally a few grains of rice (seeds). Ask your child to draw a picture of your colorful creation as a reminder of the plant you created together.



## ROOTS & STEMS IN ACTION



Try this experiment, along with your child, to show how roots and stems pull water up into a plant.

Take a stalk of celery (or a carrot) and cut off 1 inch from the bottom end.

Place the stalk in a jar of water.

Add food coloring to the water (blue or red are best) until the water becomes dark.

Let the stalk sit in the water for 24 hours.

With your child, look at the stalk the next day.

Discuss the color of the leaves at the top of the stalk. Scrape the surface of the celery stalk with a knife - do you see the colored tubes? Discuss their role in "feeding" the plant. Cut the stalk in half and discuss what you see. Challenge your child to explain how the water reaches all the parts of the plant.

## PLAN A PLANT PICNIC



You and your child can plan a picnic together that features an all-plant menu. Try to select foods representative of each plant part. For example, your picnic basket could include potato salad made with low-fat mayonnaise; celery sticks; cauliflower florets; cole slaw (also made with low-fat mayonnaise); bread (challenge your child to explain how bread is made from plants); and rice cakes spread with reduced-fat peanut butter and apples. Or you can simply pack one main item that includes all parts - a big salad with radishes (roots), spinach (leaves), celery (stems), broccoli (flowers), and tomatoes (fruits), sprinkled with sesame seeds on top.

To drink, bring along fruit or vegetable juice, or try making iced ginger tea (just boil a bit of ginger root and sweeten to taste). If the weather permits, take your picnic outside and find a nice spot. If not, simply spread



a blanket on your living room floor and dig in!